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Tyndall Air Force Base, Fla. *Gulf Defender*

Jan. 5, 2001



2nd Lt. Mike J. Tkacz

## Keep rollin' rollin' rollin'

Airman 1st Class Laura Alvarado, left, and Senior Airman Judy Forbes, both food service specialists with the 325th Services Squadron, prepare dinner rolls Wednesday. Take the time to pat security police, services and medical airmen on the back after working through the holiday season.

## NCOs to take part in inauguration

**Tech. Sgt. Sean E. Cobb**  
325th Fighter Wing  
public affairs

Two Team Tyndall noncommissioned officers will be participating in the 54th Presidential Inauguration in Washington, D.C. Jan. 20.

Tech. Sgt. Kenneth A. Ramirez, 81st Test Support Squadron, 53rd Weapons Evaluation Group scheduling NCOIC, and Staff Sgt. Robert L. Barnett, Detachment 1, 823rd RED HORSE Squadron command and control instructor were selected from volunteers around the Air Force to be marching unit NCOs during the inauguration ceremonies.

Ramirez left for Washington, D.C. Wednesday and Barnett left Thursday.

The two NCOs were notified July 17 that they had been selected for the inaugural duties and both were pumped about participating. "I felt very privileged to have been chosen for this,"

Barnett said. "They only take so many people to be a part of this from the military, so it is a once-in-a-lifetime opportunity for me. I have had great support from my family, friends and co-workers — they think this is a great opportunity for me and I hope to go up there and make them proud."

Ramirez was also honored to be selected. "When the commander told me I was going I was excited and felt great," he said. "From what I understand of the duties, we will be working with the other military services and I am looking forward to that — I am really looking forward to the whole thing."

The whole thing will not be all fun and games though, as the duties of a marching unit NCO are varied and numerous, according to Barnett. "From the material we have received, we will be responsible for direct liaison with each Division I march unit to pass on instructions and to control march

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## F-22 program initiates fatigue testing

**WRIGHT-PATTERSON AIR FORCE BASE, Ohio** — The F-22 Raptor program initiated the fatigue testing necessary to accomplish the next program milestone Dec. 21, according to Air Force officials.

The successful application of simulated cyclic loads to F-22 Raptor 4000 — one of two non-flying airframes used by the program for ground testing — achieves another critical year 2000 Defense Acquisition Board criterion. Eleven DAB criteria must be satisfied prior to a decision to enter low-rate initial production of the first 10 aircraft. The F-22 program has completed a total of seven DAB criteria and will complete the remainder shortly after the first of the year. The DAB is scheduled to meet Jan. 3 to review criteria completion and make a production decision.

"The first fatigue loads were applied to Raptor 4000's rudders, leading edge flaps and main weapons

bay doors. At the same time, various loads were applied to other locations on the airframe similar to those the aircraft might experience during flight," said Chuck Babish, F-22 System Program Office fatigue test lead. Raptor 4000 will now undergo approximately 8,000 hours of fatigue testing through November 2001 with an additional 24,000 hours of testing through 2003.

Lockheed Martin Aeronautical Company's facility in Marietta, Ga. is the site of the testing. Completion of this milestone was hampered at the last minute by unseasonably cold and inclement weather at the Marietta plant.

"Our team met and overcame every conceivable challenge during the last few days — including frozen water pipes — to make this achievement hap-

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## Countdown to the ORI...



# 9 duty days

# New year equals new commitments

**Master Sgt. Rico Ruiz**  
*325th Security Forces Squadron*  
*first sergeant*

The year 2001 has arrived. No doubt you are looking forward to starting it off on the right foot. Lots of us made a commitment to achieve certain goals during 2000, that for one reason or another, we were not able to fulfill. However, there is no better time than now to sit down and review those previous commitments and begin looking at how we can achieve those goals or establish new ones. Putting a concerted effort into a game plan for success will help keep you focused and, ultimately, help you achieve your end result.

As with any effective game plan, certain objectives need to be established. The first objective in establishing your goals is to identify areas you would like to work on in the coming year. Challenge yourself, but be realistic as to whether or not your goals are attainable and whether you'll have the time to actually spend toward achieving each goal.

The second is to write down your goals and put them somewhere you can see them each and every day. This will help create a mental picture for you to refer to on a regular basis and make small adjustments as needed. And finally, share your goals with someone who will encourage and hold you accountable to your plan.

Now, using the game plan above, let's see how it can be used to achieve some potential goals. An immediate goal that all of us in the wing can put on our list is the upcoming Operational Readiness Inspection. The ultimate goal is to achieve an "Outstanding" and to do that each of us must commit 100 percent of our time and effort to achieve this rating. We need to be sure our work centers are in order and prepared to meet the inspectors' challenge. I personally think we are all up to the challenge, and while this may not initially seem like a personal goal, everyone in the wing benefits from a job well done.

Now to a more personal, yet work-related goal: promo-

tions and career advancement. Completion of certain tasks may be on your list: upgrade training through completion of Career Development Courses, Professional Military Education commensurate with your grade either by correspondence or attending in-residence and other necessary training for your job. If you are scheduled for promotion testing this year, set a study schedule early enough to cover all materials or find out from your supervisor what you need to do to be competitive for upcoming base or career-specific awards. Planning ahead and knowing what needs to be done will make for a better chance of success in these areas.

Another goal might be completing one's education. Whether you are just starting on your Community College of the Air Force degree or continuing with your undergraduate or graduate degree, the base education center is your first stop for information. An education counselor will advise and assist you with the availability of College Level Examination Program or the Defense Activity for Non-traditional Education Support exams, which are a great way to add college credits toward your degree. Talking with co-workers and family about completing your education will generate suggestions on how to get started and keep you motivated to complete your degree.


One final area to consider when planning this year's goals is your personal life. This can include starting a physical fitness program to help you stay in shape, a fiscal program to stay on a budget and pay off bills or a desire to spend more time volunteering your time and services on base or in the local community.

There are always ways to contribute and make a difference in the lives of those around you and ultimately help yourself.

So don't wait another day to get started on your goals. Grab a pencil and paper and jot down some areas you would like to work on. Leave space to add the specific steps for each area and then post it where you can see it. You are a work-in-progress: Do the best job you can.

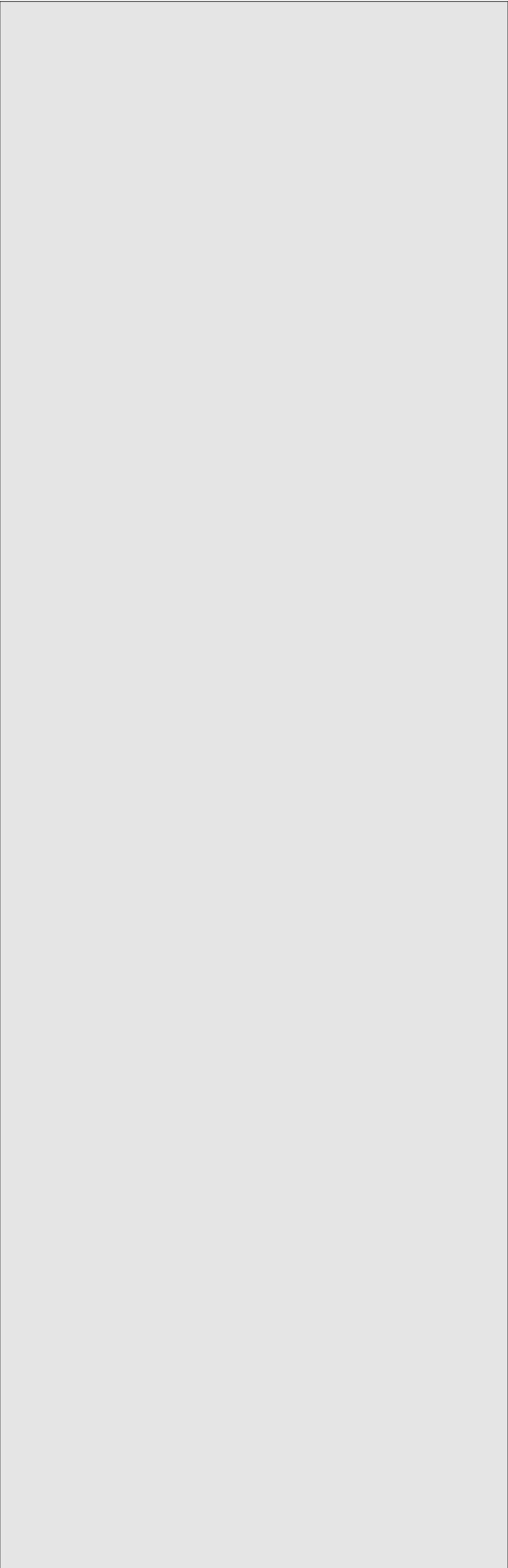
**“Challenge yourself, but be realistic as to whether or not your goals are attainable and whether you’ll have the time to actually spend toward achieving each goal.”**

## Need some money-saving tips?



The family support center has just what you're looking for. A self-paced, interactive personal finance program on compact disc is now available at the FSC computer resource center. Topics on the disc include budgeting, credit management, insurance, savings, investing, relocation and more! For more information, call the family support center, 283-4204.

## Be wise; use proper money management.





# ‘I had a great plan’

**Amn. Nathan Schasse**  
*314th Maintenance Squadron*

**LITTLE ROCK AIR FORCE BASE, Ark.** — I don’t think anyone plans to drink and drive. I know I didn’t. I thought I had a great plan, and it was great until I decided to drive my vehicle a few hundred yards to my dormitory after a Friday night of celebration with friends.

The night of Sept. 30 started great. I was going out to celebrate a friend’s

21st birthday, have a good time and have my designated driver bring me safely back home.

Everything went as planned until I was dropped off where I had parked my vehicle — about a three-minute walk from my dormitory.

I said goodnight to my friends and, without a second thought, jumped into my truck and drove the short distance to my dorm. As I was turning left onto Cannon Drive, I “broke traction,” which caught the attention of

two nearby security forces members in a patrol car.

They pulled me over and gave me a field-sobriety test, which I failed. I was handcuffed and taken to security forces for a breathalyzer. After I blew a .109 on the breathalyzer and filled out the appropriate paperwork, my first sergeant was called in to pick me up at about 3:30 a.m.

At 7 a.m. Monday, I was in blues in the first sergeant’s office. Over the course of that day, my squadron com-

mander, first sergeant, flight chief, shop chief and I appeared before the group commander and the wing commander.

I envisioned everyone in the chain of command ripping me apart for my actions, but it wasn’t that way. Each expressed their disappointment, but more importantly, each person wanted to know what happened and why. They want to prevent future drinking-and-driving incidents.

I’ve always been taught to be accountable for my actions, and the military held me accountable.

I received an Article 15, a letter of reprimand with an unfavorable in-

formation file, a suspended reduction in grade, a \$250 fine, 15 days restriction to base and 15 days extra duty. Also, I lost my base driving privileges for one year, and I am under orders not to drink for 120 days after the incident.

On top of that, the charges were sent to the Arkansas Department of Motor Vehicles. The DMV suspended my civilian license for 120 days and put the charges on my driving record. Once my insurance company finds out, my rates will surely rise sky high.


If you think that’s the worst of it, you’re wrong. Try telling family, friends and co-workers — people you look up to and respect — why you lost your license. Try earning back the trust of the people who depend on you to do your job right the first time; it’s not easy.

Fortunately, I didn’t hurt anyone. My suggestion to you is simple: If you’re going to drink, don’t drive — anywhere.

Have a plan — get a designated driver and follow through with it.

There's only one way  
to come out ahead  
of the pack.

**QUIT**




**American Heart  
Association**  
WE'RE FIGHTING FOR  
YOUR LIFE



There's a lot  
on the line

Contact  
your American  
Cancer Society  
for valuable  
information  
on breast  
cancer.



Hope. Progress. Answers.  
1-800-ACS-2345  
www.cancer.org

Save a  
friend's  
life.

# Air Force expands commissioning program

**MAXWELL AIR FORCE BASE, Ala.** — The Airman Education and Commissioning Program is expanding the number of authorized training slots for the program and the number of academic majors eligible for AECP consideration.

The number of manpower authorizations for the AECP will increase from 90 to 180 through Fiscal 2004. The AECP is the program active-duty enlisted airmen use to earn a commission in the Air Force and currently graduates about 30 airmen each year and selects another 30 to begin the program each year.

Starting with the April 2001 AECP board, the Air Force Reserve Officer Training Corps will begin selecting about 60 candidates per board. Selectees should plan to begin the AECP program the following fall academic term.

The other major improvement to the AECP is the expansion of eligible majors. Previously, the AECP was limited to students majoring in electrical engineering, computer engineering, meteorology, nursing, foreign languages and foreign area studies. The AECP is now open to additional technical degrees: computer science, mathematics,

physics and any Accreditation Board for Engineering and Technology accredited engineering program. High-need engineering programs include electrical, computer, aeronautical, aerospace, architectural, civil, environmental and mechanical.

Other ABET-accredited engineering degrees may be considered, but AECP slots may be limited based on Air Force needs. A listing of all the ABET-accredited engineering majors can be found on the web at [www.abet.org](http://www.abet.org).

Airmen selected for the AECP remain on active duty and are administratively assigned

to the Air Force ROTC detachment at the college or university where they attend school. They receive full active-duty pay and benefits while in the AECP and attend Officer Training School upon graduation.

The application deadline for this year's AECP has been extended to Feb. 15. Applicants must have completed at least one year of transferable college credit and the majors listed above have specific requirements and prerequisites.

Interested students should see the base education office, 283-4285, for more details on how to apply.



**Staff Sgt. Michael Simic, a military training instructor with the 320th Training Squadron, corrects Airman Basic Christopher Rowin.**

## MTI duty offers benefits, rewards

*Courtesy of the 37th Training Wing*

If you've ever wondered about the possibility of an assignment as an Air Force Military Training Instructor, here's where to get your answer.

The 737th Training Group Recruit the MTI team visits Tyndall to give a briefing 9 a.m. Jan. 16 in Building 662 at the comptroller conference room.

If you are a senior airman who is willing to commit to a second term through a master sergeant with less than 16 years total active service,

you are eligible to apply.

Even if you aren't currently eligible, you can attend the briefing to find out about the challenges of MTI duty.

"We have a void that must be filled if we are to remain the world's best Air Force," said Maj. Gen. Michael N. Farage, 37th Training Wing commander.

"There are those, senior airmen to master sergeants, who have conquered the challenges of their current career fields and are looking for new callings. These are the people we're

looking for — the ones willing to spend the long hours and expend vast amounts of energy and talent to make a difference in other people's lives.

"The job offers benefits; \$275 per month in special duty pay and an annual supplemental clothing allowance. But the real reward is in the finished product. The rewards gained by those who choose a career as an MTI are more of the heart and mind.

"An MTI is a sculptor who molds and carves raw material into the functional and recognizable shape of an airman."

# New system revolutionizes air battle management

**Chuck Paone**  
*Electronic Systems Center  
public affairs*

**HANSCOM AIR FORCE BASE, Mass.** — The Electronic Systems Center's efforts to provide warfighters a greater edge in battle received a strong boost recently when the Joint Configuration Control Board at the Pentagon made the Theater Battle Management Core Systems the system of record for air battle command and control.

The TBMCS combines three so-called legacy systems — the contingency theater air planning system; the combat intelligence system; and the wing command and control system — into one integrated command and control system. A joint air operations center and its theater components will now have common and shared air operations and intelligence databases, as well as a common set of software tools for planning, executing and sustaining the air war campaign.

With this new system, air mission commanders, planners and warfighters can create, assimilate and manipulate data then quickly distribute those data to others through wide- and local-area networks, servers and workstations. This keeps those at all echelons in a theater environment connected and focused on a common picture.

"TBMCS is a giant leap forward for command and control," said Col. David Chaffee, director of the Combat Air Forces System Program Office, which serves as the acquisition and development oversight agent for the system. "Joint and coalition air component commanders will now have much better, decision-quality data to prosecute the war."

"We're creating a system that can orchestrate an entire air battle," said Senior Master Sgt. Maurice LaBrie of the Aerospace Command and Control Intelligence, Surveillance and Reconnaissance Center. LaBrie serves as a liaison between the center at Langley AFB, Va., and ESC's Combat Air Forces System Program Office, and has provided warfighter insight during TBMCS development.

This is absolutely critical to the warfighter, said Col. Nathan Titus, 609th Air Operations Group Commander, who used TBMCS extensively during a mid-November Central Command exercise called Internal Look 00.

"It's a very stable system, which is exactly what we need, because war doesn't stop while we shut down and reboot," Titus said.

The system got a real workout during the six-day exercise, he said.

"We had 800 people in the AOC, and we ran 80,000 messages a day

through the system, and we flew three to four thousand sorties a day," Titus said. "So we definitely wrung it out pretty good, and it worked as advertised. I'd take it to war tomorrow."

LaBrie agreed Internal Look 00 provided a great test, but added TBMCS software has really been run through the gauntlet throughout its development.

"It's gone through more exhaustive testing than any other software probably ever has," he said. "If this software doesn't work, people can die, so we've been very thorough."

According to Titus, the system affords significantly improved compatibility with joint and allied systems. Army and Marine ground forces will now be able to submit and track air support requests until a target is destroyed. This type of integration between the joint air operations center and its components will allow land forces to participate in planning and executing an air war.

This is a significant enhancement widely expected to increase the effectiveness of joint warfare. The new system will also allow more detailed planning and allow it to be done faster and with fewer resources.

Fielding of TBMCS is already under way and is expected to be complete in all air operations centers by next spring, according to officials.



# Viewpoint

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For more information, or to advertise in the newspaper, call (850) 747-5000.

## Safety stats

Category	'00	'01	Trend
On duty	1	0	-1
Off duty	10	1	-9
Traffic	5	0	-5
Sports	4	1	-3
Fatalities	1	0	-1
DUIs	14	0	-14

# Commander's Corner:



**Brig. Gen. William F. Hodgkins**  
325th Fighter Wing  
commander

Welcome back to everyone who had the opportunity to visit with family or friends during the holiday season for a much-deserved break. With the New Year comes new challenges. First and foremost on our scope is the Operational Readiness Inspection. We're down to the final days in preparation with only nine duty days left. At this point we should be putting the finishing touches on things.

Next week we'll have another opportunity to hone our contingency skills during our last exercise prior to the arrival of the Air Education and Training Command Inspector General Team. Everyone needs to give a maximum effort during the upcoming week and strive to get the most out of this exercise. It's a great opportunity to ensure everything is in working order.

The upcoming inspection is not the only challenge we face in January. Historically, the first month of the year is a dangerous one for flying operations. Through the 1990s, the Air Force had more mishaps in the month of January than any other month.

Everyone involved with the flying operation needs to increase his or her vigilance during this high-threat time. Remember that all of our sorties are peacetime



Brig. Gen. Hodgkins

missions... we can fly them tomorrow to ensure they are flown safely and without taking any unnecessary risks.

Also, you don't need me to tell you it's officially winter, but I do want to address some other safety issues this season brings to mind. Here in the Florida panhandle, extremely cold temperatures and dipping windchill factors aren't the norm, so I caution those who must work outside to dress properly and look out for your co-workers. Just because it's cold outside doesn't mean you can't dehydrate when working really hard on the flightline or while responding to an exercise or any intense physical activity. Also, although we've been spared so far, freezing rain or frozen-over bridges can be treacherous. Should these conditions strike us over the next few weeks, take your time, increase your following distance and tap your brakes initially to slow down, never slam them on.

Finally, the biggest challenge we all face in 2001 is to stick to the resolutions we made. Many have committed to healthier living, self-improvement and a myriad of endeavors.

As a wing, let's set our resolve to achieve the highest mark possible during the ORI, host the most successful open house in history, meet our training and flying goals while keeping folks safe and secure. Happy New Year and have a great Air Force week!

## Thinking about getting out? Think again!



Get the facts first. Call Chief Master Sgt. Ron Georgia, 325th Fighter Wing career assistance adviser at 283-2222 (283-Career Assistance Advice Anytime).

## Action Line



2nd Lt. Mike J. Tkacz

**Master. Sgt. Michael Parker, 325th Training Squadron, and Col. Bill Eyler, 325th Training Squadron commander, review paperwork in the unit orderly room.**

The Action Line is your direct line to me. It is one way to make Tyndall a better place to work and live.

Action Line calls are recorded and staffed through the proper agency. The goal is to provide you with an accurate, timely response. You must leave your name, phone number or address to receive a response.

Questions or comments of general interest will be published in this forum. This avenue should only be used after coordinating problems or concerns with supervisors, commanders, first

sergeants or facility managers. If you're not satisfied with the response or you are unable to resolve the problem, call me at 283-2255.

For **fraud, waste and abuse** calls, you should talk to the office of inspections, 283-4646. Calls concerning **energy abuse** should be referred to the energy hot line, 283-3995.

**Brig. Gen. William F. Hodgkins**  
325th Fighter Wing  
commander

## Tyndall's chapel schedule

**Protestant**  
Communion Service: 9:30 a.m. Chapel 1  
General Protestant Service: 11 a.m. Chapel 2  
Sunday school: 9:30 a.m.  
Kids' Club: 2:45-5:45 p.m. Wednesday  
**Catholic**  
Daily Mass: noon Monday through Friday, Chapel 2;

Reconciliation: 4 p.m. Saturday  
Mass: 5 p.m. Saturday, Chapel 2  
Mass: 9:30 a.m. Sunday, Chapel 2  
Religious education: 10:50 a.m. Sunday  
Chapel 2: 283-2925  
**Other faith groups:** Call 283-2925



# Philosophy, ORI and Team Tyndall

**Lt. Col. Richard McSpadden**  
*Operational Readiness  
Inspection preparation  
office chief*

“The Art of War” is a classic military instruction manual written over 2,500 years ago by a famous Chinese philosopher, Sun Tzu. It has become one of the most revered publications on conducting warfare. Since our Operational Readiness Inspection war is upcoming, a little review of Sun Tzu’s basic principles might help give us that “combat” edge when we face the Inspector General.

First, we are already doing well with one of Tzu’s most important tenets: preparation. Sun Tzu said that “if you know your enemy and know yourself, you need not fear the result of 100 battles.” In this case, we know the “enemy”— the Air Education and Training Command/IG. Our intelligence is good, we know what they are after and how they will conduct operations. In fact, we even have their playbook. We know exactly the questions they will ask and the areas they will

penetrate. We’ve also done a good job over the last six months of getting to know ourselves. Through our self-inspections, exercises, Practice ORI and SAVs, we’ve developed a complete picture of our strengths and our areas that need improvement. As we put the finishing touches on these areas, we will be well prepared when we meet the enemy later this month. We have no reason to “fear the result of battle,” in fact, we have cause to be excited about the victory that will ensue.

Another of Sun Tzu’s fundamental principles is initiative. He believed in using all assets available to seize momentum on the battlefield and hold the initiative. He believed this allowed him to drive the battle into the setting he chose, which would allow his forces to execute their game plans. Our “enemy” will give us the opportunity to seize the initiative. They will show up in our workplaces and allow us to begin our interviews. We must be prepared to seize this initiative by walking the IG through our programs at our pace and in our order

to show them off in the best light possible. In Nov. 2000, we distributed an IG briefing guide to assist functional managers in developing an interview “game plan” with inspectors. This guide is designed to help you seize the initiative with the IG.

The final principle from the “Art of War” which we can use is Sun Tzu’s emphasis on timing and rhythm in battle. Tzu would normally arrive on the battlefield first to acquaint his army with the terrain and let them get organized and mentally prepared to fight. In the coming weeks, let’s continue to work on motivating ourselves and our units.

Let’s get our IG briefings ready and practice them with our counterparts. And when the IG is due at your section for the inspection, show up early, get your materials prepared and get you and your troops’ mind ready for the battle. Then, when the IG arrives, seize the initiative and engage with pride and confidence. And when the “battle” is over, join your troops to celebrate success in the art of the ORI war.



Courtesy photo

The F-22 Raptor is the replacement for the F-15 Eagle air-superiority fighter.

## ●NCO from Page 1

units during staging, assembly, marching and after dispersal,” he said. “We also have to be knowledgeable of the overall parade flow and be able to answer general information questions and time schedule questions. In addition to all that, we need to make sure division parade participants are familiar with the locations of medical aid stations, comfort stations and warming tents in the various areas to help out people attending the inauguration.”

The opportunity to participate in this historic event came about relatively easily, Barnett said. “A message came down from the Armed Forces Inaugural Committee asking for volunteers and we simply submitted an application,” he said. “If people ever hear of a chance to do something like this in the future, I would encourage them to take it. I didn’t think when I submitted my application I had much of a chance, but here I am, headed to the inauguration.”

## ●F-22 from Page 1

pen,” said Jeff Rowe, manager of Lockheed’s F-22 Structural Lab.

Lockheed Martin, the Boeing Company, Seattle, Wash. and Pratt & Whitney, Hartford, Conn. have joined the U.S. Air Force to develop and produce the F-22, which is slated to be operational in late 2005. The world’s first stealth air-to-air fighter, the F-22 will be virtually unseen on radar, deadly at long range and unmatched at close-in dogfighting, Air Force officials said.

The Raptor program is managed by the F-22 System Program Office, Aeronautical Systems Center, Wright-Patterson AFB, Ohio.



2nd Lt. Chuck E. Lee

## Show me the money

Connie Kuzma, Military Clothing Sales supervisor, helps Staff Sgt. Sonja Martin, 325th Communications Squadron, with a purchase.



# Core values: a bunch of hype or words for life?

**Col. Tony Przybyslawski**  
*509th Bomb Wing commander*

Integrity first ... service before self... excellence in all we do ... words that constantly are sounded out in just about every forum of our Air Force, from glitzy posters in the break room to laminated business cards for your pocket.

We talk about these values so much that it is easy to look at them as just another marketing scheme by the Air Force board of directors.

Let me share with you what these few words mean to me. First of all, simply having the concept of defining our personal responsibilities to our profession immediately raises us above any “outsider” organization. What are the core values of Xerox, AT&T or the New York Stock Exchange? Maybe profit, survival and need!

Our simply stated values set the standard for our conduct and expectations for the Air Force and, more importantly, for our country.

Integrity first.  
I can’t think of two words combined that are more powerful. Our word must be our bond. When we tell someone we are going to do something, that person should never have to worry about it again.

As Gen. Ron Fogleman, a former Air Force chief of staff, said, integrity is what you do when no one is around. In the heat of battle, our comrades in arms must know that we are going to do what we say. Lives are at stake.

One of our first sergeants in the

509th Bomb Wing considers integrity as the most valuable quality given to us at birth. Once it’s gone, there is nothing left to define our character.

Integrity is that commander who says, “It’s my fault,” as opposed to saying his troops failed. I look at integrity as the ability to sleep at night. If there’s something bothering me enough to keep me awake, then maybe I need to ask myself, “Am I doing what’s right?”

It is also important to realize we’re human and we do make mistakes, but as long as there’s that rock in your shoe that reminds us of our personal integrity, then that characteristic will continue to grow.

Service before self.  
Face it, military service is a calling—it’s not the money! It’s a demanding life, but a rewarding one. Service before self stresses how important this sacrifice is. We must answer this calling to our country and, in many cases, place its importance over those of our own desires.

I don’t think employees of corporate America often place work duties over personal well-being or preferences. But that’s what we do when we serve in the military. As warriors, we are clearly placing service before self. It takes an amazing amount of courage to place yourself in harm’s way to serve your country.

While we’re not called upon every day to lay down our lives for our country, we are asked to do some pretty amazing things in comparison to those on the outside. No one knows better

than the military how to “do more with less.”

Service before self is the little things we do each day that make a difference. It’s the airman who patiently waits at the airport for three hours while his passenger’s airplane is delayed. It’s the major who stops traffic at the gate to pick up one of our flags blown free. It’s simply stopping to pick up a piece of trash on the curb.

Excellence in all we do.  
Having the personal pride to do the best you can will lead to pure excellence in all we do. Excellence is apparent everywhere in the Air Force. It starts with that greeting by a young professional “cop” at the gate as you drive to work.

You want to see excellence?  
● Go visit the munitions squadron and see them prepare for a weapons convoy.  
● Try “laying tape” on a B-2 with a couple of airmen in the maintenance squadron.  
● How about the inn staff delivering a four-course Thanksgiving meal to the troops at a weapons storage area, including real tablecloths.

Now that’s excellence on a routine basis.

Our core values are real and simple, and I submit each one of you knows them. You live by these values daily, whether you realize it or not, simply by the fact that you volunteered to serve your country. That’s what makes you stand out from your peers back home. And as a result, the United States Air Force is the greatest in the world.

# ORI prep time running out

*Courtesy of the 325th Fighter Wing Operational Readiness Inspection preparation office*

This is the fourth of a weekly series of articles that will provide a list of daily actions to ensure we are ready for the Air Education and Training Command Operational Readiness Inspection Jan. 21.

DAY 9, Monday — Readiness Training. Are your disaster control group members trained and ready? Are the support teams for accident responses and disasters trained? Have your unit trainers included references to AFMAN 10-100, The Airman’s Manual in required training? Is AFMAN 10-100 awareness training documented along with career development courses and on-the-job training? Does training for individuals match your SORTS reporting?

DAY 8, Tuesday — Deployment Processing. Do unit deployment managers review personnel readiness folders to make sure all faces can fill the spaces? Is data correct and current, such as immunizations, training, family care plans and medical screenings? Do Unit Deployment Managers coordinate the correct PRFs for deploying personnel with medical personnel? Do all personnel reported as ready to deploy meet all mobility requirements, to include training?

DAY 7, Wednesday — Public Health Assessments Review. Are all personnel current? Have you been scheduling PHAs for personnel to meet annual requirements? How are your “no show” rates for PHA appointments?

DAY 6, Thursday — Personal Appearance Day. Take today and review your uniforms and those of people you work with. Are your boots in good condition with a shine that shows pride? Are your BDUs clean and sharp or old and faded? Do you have a squadron scarf? How about flight suit patches, are they bright and new or old and faded? Make sure you check your moustaches and personal appearance against instructions.

DAY 5, — Friday - Building Clean-Up. Look around your buildings and work areas with a critical eye. Are your ceiling tiles in good shape, or are they faded or torn? How about ceiling vents? Across the base these are dirty, and remember it’s a self-help item to clean them. Have you dusted behind and underneath desk equipment and publications binders? Take a look at your carpet, does it need steam-cleaning?

Throughout the week, stay focused on our exercises, remember to pay attention to THREATCON and INFOCON signs and “play the game” as if it were a real scenario.

# Features

## If you're looking for fun and culture in life, try moving your body to this... Raks Sharqi, aka: belly dancing



Photos by Marcia A. Robertson  
**Suzann Yassin, Tyndall Community Activities Center Raks Sharqi instructor, demonstrates the use of veils, which add another dimension to Raks Sharqi.**



**Yassin demonstrates how colorful costumes lend a creative element to Raks Sharqi.**

**Marcia A. Robertson**  
*325th Services Squadron marketing*

“The Shimmy.” “The Classic Egyptian.” “Phaoronic Arms.” Strange-sounding phrases from a strangely exotic dance. Yet Raks Sharqi, pronounced “racks sharkey,” is less about the risqué and more about classical entertainment and community bonding.

“There’s a stereotype about belly dancing,” said Suzann Yassin, Raks Sharqi instructor at the Tyndall Community Activities Center. “People think ‘I have to be a size two and not wear anything’ in order to dance, but that isn’t the case.”

Although there is some debate regarding the origin of belly dancing, the image of Middle Eastern harems may not reflect the complete history. Phoenician, Turkish, and Egyptian influences are all likely part of its roots. Most researchers believe that migrating gypsies from India brought the dance across Europe where it influenced the local cultures.

Plus, belly dancing may be closer to the American quilting bee. “In Islam,” Yassin said, “the women were kept away from public gatherings. They would

get bored so they began to teach each other dances. It was something to do and it became part of the community.”

The CAC first offered Raks Sharqi classes last November. “We’re always looking for programs that haven’t been done before,” said Jean Cole, 325th Services Squadron CAC director. The CAC plans to schedule lessons again in February.

“It adds a unique flair to our programming,” said Rudy Wallace, 325th Services Squadron CAC programs director.

Yassin became interested in belly dancing when she researched it as a topic for a free-lance writing assignment. She learned the dance herself and began teaching Raks Sharqi two years ago. Individuals of all ages are welcome and have taken her classes.

People get involved in the dance for different reasons. “Some like the pretty outfits,” Yassin said. Traditional Raks Sharqi dancers wear a midriff blouse and full skirt. Many people focus on creating elaborate clothing. “It’s a good outlet for artistic expression,” she said.

Some see the class as an educational experience. “It’s fun

and you can learn about another culture,” Cole said.

Individuals can also improve their self-confidence with Raks Sharqi, according to Yassin, and there are the health benefits. “I lost 15 pounds in three months, but I was doing it a lot,” Yassin said. “There’s lots of stomach work so you can define those muscles. There’s also plenty of arm work, too.”

Yassin stressed that belly dancing is not difficult to learn, but because it is different, many people become discouraged with it. “Anybody can get up and shake,” she said. “But it’s really about technique. It’s easy to do, but you need to practice to get good.”

Yassin hopes the classes at the CAC will encourage more people to try Raks Sharqi. “People need to give it a chance,” she said. In addition to the instruction, she would like to take students on a field trip to a hafla, a recital-like event where different dance troupes gather and perform. There are two dance groups in the Panama City area.

“I would like people to love it,” Yassin said.

For more information about Raks Sharqi classes and other classes and events sponsored by the CAC, call 283-2495.



**Yassin, left, shows Shelby Broadwell, middle, 325th Services Squadron commercial sponsorship coordinator and Shannon Daubenmire, right, 325th SVS CAC staff assistant, the correct motion for Raks Sharqi in the CAC ballroom.**



# Tae Kwon Do: Korean martial arts instructor 'aims high' with kicks and punches



Photos by 2nd Lt. Mike J. Tkacz

Staff Sgt Erick Johnson, 325th Fighter Wing staff judge advocate paralegal and third degree Tae Kwon Do black belt, practices his forms with a stance that is preparatory for a strike to an opponent.



De Dee Johnson, Tae Kwon Do orange belt, goes through another Tae Kwon Do lesson with Erick Johnson, right. Here they are practicing fight techniques.

**2nd Lt. Mike J. Tkacz**  
325th Fighter Wing  
public affairs

Tae Kwon Do is “the way of the hands and feet” and through the efforts of a Team Tyndall noncommissioned officer, the art is taught right here at Tyndall throughout the week.

Tae Kwon Do, like many other martial arts, has been around for many centuries. “Tae Kwon Do is a Korean-based self defense system that develops coordination and self control,” said Staff Sgt. Erick Johnson, 325th Fighter Wing staff judge advocate paralegal. “It promotes fitness and develops a better person.”

Tae Kwon Do is a philosophy that develops fitness, coordination and self-defense techniques, according to Johnson. It promotes good moral values, respect, self-control and emotional stability.

Johnson became involved with martial arts at age 12 after he registered and won free Tae Kwon Do lessons. “I saw an advertisement one day while at a roller skating rink January 1983 in Amarillo, Texas and have made it a part of my life since then.”

Johnson has not limited himself to only Tae Kwon Do. He has trained under several other forms and has competed in karate tournaments in the United States and internationally. “Competition has given me exposure to different systems that I knew little or nothing about. I have been able to bring back and apply this valuable experience to my school,” he said.

Johnson is a certified instructor and classes are open to anyone who wants to participate. This includes children and

adults. “With the proper supervision, Tae Kwon Do is no more dangerous than a backyard softball game,” he said. “People in any physical condition can participate in Tae Kwon Do. I have had students in the past that have had some degree of physical limitation or impairment, but still gain all of the same benefits as the other students.

And there is plenty of room for advancement, according to Johnson. There are a total of 10 grade belt levels that a student must progress through until black belt is achieved. “A student can expect to achieve black belt in about 3 years if he or she is consistent with their training,” he said.

In addition, anyone that may have past martial arts experience is also welcome to join the class, Johnson said. “If you have earned a rank from someone else, I have no right to take it away,” he said. “You are welcome to come train in my class and wear your rank.”

Classes typically begin with 15 minutes of stretching and warm-up exercises. Students will then line up according to rank and face the instructor to pay the proper respect. Most of the class is spent on the student’s development for his or her belt progression. The last 15 minutes are spent on self-defense techniques. Board breaking is sometimes used and is used as a demonstration and display of the destructive side of the techniques that are learned. “The board breaking and usage of weapons is normally reserved for the more advanced levels,” Johnson said.

So if you need to get in better physical condition, want to learn self-defense or just find a new hobby, Tae Kwon Do is here for you. For more information, call the community activities center, 283-2495.



Johnson corrects the form of his students, from left to right, Tae Kwon Do yellow belt John Reese and Tae Kwon Do white belt Kris Magyar.

# AAFES helps runners find ‘right-size’ shoes

**Capt. Eric Hilliard**  
*Army and Air Force Exchange Service public affairs*

DALLAS (AFPN) — Army and Air Force exchanges worldwide can now help runners find proper shoes thanks to the “Fit the Foot” program. Through a simple process of foot analysis, perspective shoe buyers will know precisely what type of shoe works best for their feet.

“Fit the Foot” was created in conjunction with the Department of the Army to help decrease the number of injuries associated with running.

The program has been incorporated into all AAFES main stores, sport stores and

military clothing stores. An information pamphlet located in all AAFES shoe departments gives details on how to determine foot types and proper sizing.

“We feel this program offers our customers numerous benefits,” said Diana Eckert, AAFES footwear category team manager. “In addition to enabling the customer to find the right pair of running shoes for (his or her) feet, we educate both the customer and the sales associate on the different types of shoes available.”

Several times a year, the AAFES footwear category team reviews assortment selections. Sales trends, combined with customer input, play a major role in bringing in newer styles throughout the

spring and fall seasons. “We are not an athletic specialty store and can’t carry every style by every manufacturer,” said Eckert. “However, we attempt to carry the most popular styles available at other comparable retail stores.

“If we see we are getting numerous requests for a particular shoe or item, we look into the feasibility of making that item available to our customers,” added Eckert.

Information on the injury control program can be found at [www.cs.amedd.army.mil/AEGIS](http://www.cs.amedd.army.mil/AEGIS). For more information on proper footwear, click on “Running Shoes.” This is the site for the injury-control program at Ft. Sam Houston, Texas titled “Operation Aegis.”

There's only one way  
to come out ahead  
of the pack.

QUIT



**American Heart Association**  
WE'RE FIGHTING FOR  
YOUR LIFE



Spotlight



2nd Lt. Mike J. Tkacz

Staff Sgt. Dennis Mont’Ros

**Squadron:** 325th Security Forces Squadron

**Job title:** NCOIC, Security Forces Training

**Years at Tyndall:** Two years

**Hometown:** Cromwell, Ct.

**Why did you join the Air Force:** For the travel opportunities and to play with guns.

**Most exciting facet of your job:** Teaching people the skills needed to defend air bases all over the world.

**Short-term goals:** Helping my unit achieve an ‘Outstanding’ rating during the Operational Readiness Inspection and getting ready for a deployment.

**Long-term goals:** To finish my degree and to become an instructor at Air Base Defense School.

**Favorite book:** “Snow Crash”

**Favorite movie:** “Pulp Fiction”

**Hobbies and off-duty activities:** Soccer, weightlifting and reading.

Organization brings NCOs together to help local community, base

Staff Sgt. Amy Cruz  
325th Communications Squadron

Focus 56, which started in April of 1999, is an organization for the middle tier of enlisted personnel in the ranks of E-5 and E-6. Focus 56 is a private organization committed to facilitating professionalism and growth throughout Tyndall’s enlisted force through peer mentorship and the advice offered by Tyndall’s senior enlisted members. The organization also strives to contribute to the community of Panama City through involvement and volunteerism in local charities, organizations and care facilities. The group meets the third Tuesday of each month in the community activity’s center’s Emerald Room at 3 p.m. (subject to change). At each meeting, new members are greeted and introduced, and the group discusses current business as well as future plans.

Focus 56 has already begun helping the Tyndall community through involvement and volunteerism during the 2000 Tyndall Dining Out,

Bikes for Kids and the annual cookie drive. Plans for the future involve possible scholarships to enlisted members and dependents and quarterly awards in recognition of excellence and service.

“After hearing about the mentorship and support from Chief Meyers and the first sergeants, I knew this would be a great organization to be a part of,” said the group’s previous secretary, Staff Sgt. Paul Schaubert. “It has made me a more well-rounded individual.

“It gives me perspective from all ranks, opens my eyes to the needs of many rather than the needs of a few.”

Staff Sgt. Paul Scauber

It gives me perspective from all ranks, opens my eyes to the needs of many rather than the needs of a few.”

The group’s current secretary, Staff Sgt. Barbara Wood, was one of the original members who helped get the organization started.

Wood recalls the first meeting was held around January 1998. “I wanted

to get involved and make a difference for myself and maybe someone else,” she said. Wood lists the purpose of the organization as a combination of several things: “To promote growth and professionalism for the middle tier, another avenue for our voice to be heard and networking.”

For many, involvement in Focus 56 can be a way to jump-start a lagging career or to get back into active participation.

“We are all doing more with less these days and we begin to ask ourselves ‘Is this all that there is in my career,’” said Wood.

Being part of an organization made up of peers from all over the base can also help supervisors address issues and concerns with others. Wood adds “I didn’t really talk to anyone outside my organization about my ‘troubles.’ I have found I have a lot in common with other supervisors and I am not alone.”

We encourage you to come to the next meeting as the new officers are introduced and continue furthering the professionalism of Tyndall’s middle tier.

Look *Sharp* — Show your Tyndall pride!

**Your link  
to what's going on**

# Gulf Guide

**in the  
Tyndall community**

## JANUARY

**FRI**  
**5**

### TSU registration

Registration for Troy State University's Term III is today in the education building. For more information, call the education center, 283-4449.

**MON**  
**8**

### 'Moms, Pops & Tots'

The parent and child interaction play group, "Moms, Pops & Tots," for parents and their under-age-five children meets 9:30-11 a.m. every Monday at the youth center. For more information, call 286-5812.

**TUE**  
**9**

### Civil Air Patrol meeting

Civil Air Patrol meetings for boys and girls 12 years old and older will be held 6:30-8:30 p.m. every Tuesday in Building 852. The CAP offers local and national activities with a focus on educational and professional development. For more information, call Capt. Laura Palm, 283-7426 or Master Sgt. Perry Newberry, 283-4189.

**WED**  
**10**

### NCO Association meeting

A NCO Association meeting will be 11:30 a.m. Wednesday at the NCO Academy. For more information, call Senior Master Sgt. Timothy Glines, 283-3238.

**THU**  
**11**

### Boating skills course

The Coast Guard Auxiliary Flotilla 19 boating skills course will begin 7-9 p.m. Thursday in Gulf Coast Community College's Student Union East building, Gibson lecture hall, Room 231. The course will meet Tuesday and Thursday evenings. The core portion of the course ends Feb. 1 and the optional full course ends March 1. The cost is \$30 for the new text and workbook. For more information, call John Clark, 271-3828, or visit the flotilla web site at: [www.gctr.com/flot1\\_6.html](http://www.gctr.com/flot1_6.html).

**THU**  
**18**

### Anti-terrorism briefings

Mandatory Air Force Level One anti-terrorism briefings conducted by the Air Force Office of Special Investigations will be 8 a.m. the first and third Thursday of each month in Building 656 next door to the security forces building. The briefings will last approximately 30 minutes and are for Air Force members with permanent change of station or temporary duty assignments to overseas locations. For more information, call AFOSI Detachment 419 Counterintelligence Program Manager, Special Agent Doug Hartwell, 283-3261 or 283-3262.

### Volunteer openings

Volunteer job openings are available base-wide. For more information, call Ken Horton at the family support center, 283-4204.

## NOTES

### Freeze warning

Tyndall Family Housing residents who are going on vacation for more than a couple of days are asked to leave their heat on and set at 65 degrees to avoid the possibility of frozen or broken water lines. Broken water lines can be reported to the Civil Engineer Squadron's customer service office, 283-4949.

### Dental clinic hours

The new operating hours for the base dental clinic are 7 a.m.-4 p.m. Monday-Friday. Sick call will remain 7 a.m. on the days the clinic is normally open. For more information, call the dental clinic, 283-7572.

### Clinic hours

The new operating hours for the pediatrics and family practice clinics are as follows: 7:30 a.m.-6 p.m. Monday-Thursday; 7:30 a.m.-4:30 p.m. Friday; 8 a.m.-noon Saturday; closed Sundays, holidays and goal days.

### ALS volunteer needed

The Airman Leadership School has an immediate opening for a support staff volunteer. The responsibilities will include computer work, answering phones, taking messages and filing documents. The work schedule will be flexible. For more information, call Ken Horton, 283-4880.

### Sponsor training

Air Education and Training Command requires that all sponsors receive training within the preceding 12 months of being assigned as a sponsor. Training is available at the family support center and within the individual units by the unit intro monitor. A list of intro monitors is available on the Tyndall home page at: [www.tyndall.af.mil/sponsor.htm](http://www.tyndall.af.mil/sponsor.htm). For more information, call the family support center, 283-4204.

### Transitioning personnel

All transitioning personnel are reminded of the requirement to schedule a one-on-one pre-separation counseling session at the family support center's transition office. This is a mandatory requirement established by public law. Personnel should schedule appointments at least 90 days prior to their separation or retirement. For more information or reservations, call the family support center, 283-4204.

### Free childcare for newcomers

Free childcare is available to spouses wishing to attend the Tyndall Happy Landings newcomers' orientations. The childcare is provided at the child development center and is sponsored by the Tyndall Officers' Wives Club. For more information, call the relocation assistance program office, 283-4204. For child-registration information, call the child development center, 283-4747.

### Aviators' web page

A new site on Tyndall's public web page, mid-air collision avoidance, provides information for pilots who fly in the

Florida panhandle. The site includes frequencies for contacting the air traffic center as well as procedures for operating private aircraft around military operating areas. The site is accessible by going to the Tyndall home page, [www.tyndall.af.mil](http://www.tyndall.af.mil) and clicking on the MACA button. For more information, call Gene Wintersole, 283-4148.

### FSU office

The new Florida State University on-base office is now open 1-3:30 p.m. Mondays and Wednesdays in Room 30 of the education center. In addition, Bob Shaw will be available 3-4 p.m. every Tuesday in Room 30 to talk with students about programs offered at the FSU Panama City campus.

### Common-sense parenting class

A common-sense parenting class will be scheduled by family advocacy when four or more families request it. The six-week class is based on a model developed at Boys Town in Omaha, Neb. and focuses on changing behavior patterns, using consequences and building effective parent-child communication techniques. For more information, call family advocacy, 283-7272.

### Volunteer speakers needed

The Tyndall Speakers' Bureau is in need of volunteers. Military and civilians of all ranks and grades are encouraged to volunteer to help tell local schools and civic organizations about the Air Force and its mission. For more information or to volunteer, call 283-8572.

## RETIREE NEWS

### Pharmacy co-payment schedule

TRICARE officials propose to simplify co-payments for prescription drugs in accordance with last year's appropriations act. The new co-payments will be uniform for all beneficiaries and based on whether a generic or brand-name medication is dispensed. If the proposal is approved, it would begin Department of Defense-wide on April 1 when the TRICARE Senior Pharmacy program is operational.

Under the proposed changes, beneficiaries would pay \$3 for generic prescription drugs and \$9 for brand-name drugs at TRICARE-affiliated retail drug stores for up to a 30-day supply or through the National Mail Order Pharmacy program for up to a 90-day supply.

TRICARE Prime enrollees who choose to obtain their prescription drugs from non-TRICARE affiliated retail outlets would continue to pay a 50-percent point-of-service penalty after meeting their deductible. All others would pay the greater of a 20-percent co-pay or a \$9 charge per prescription.

Prescriptions obtained through the mail program are generally less expensive, because the government gets federal pricing. Also, the patient can receive three times the quantity for the same co-pay for prescriptions filled at military hospital and clinic pharmacies. There is no co-pay for prescriptions filled at military hospital and clinic pharmacies.

Beginning April 1, military retirees age 65 and over will be provided the same pharmacy benefit offered to beneficiaries under age 65. Persons who turn 65 before April 1 may participate in the pharmacy program without having Medicare Part B, but those who turn 65 after April 1 must be enrolled in Medicare Part B to participate.

## YARD SALES

There are no yard sales scheduled for Saturday.

## BASE THEATER

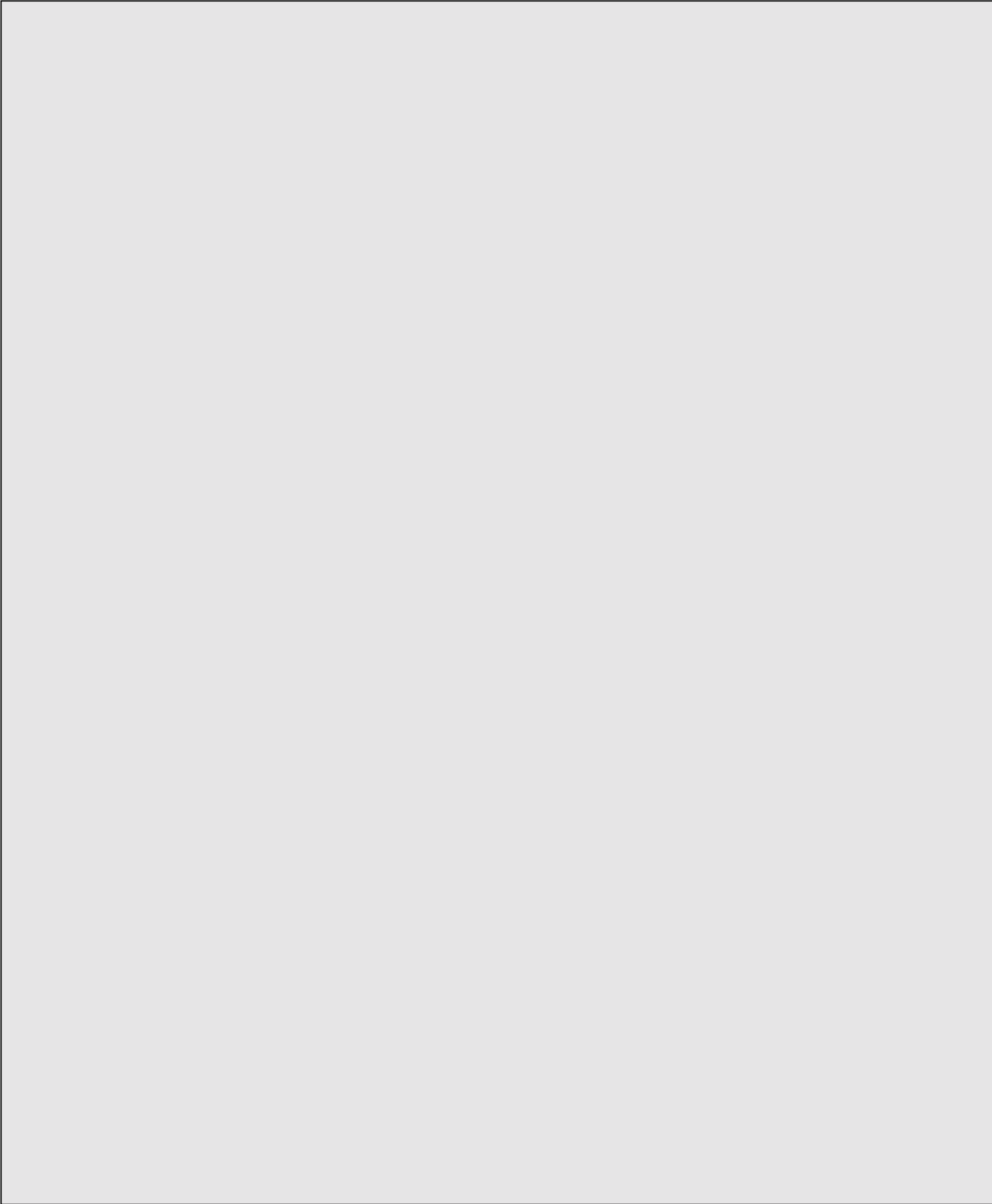
**Today:** "Rugrats in Paris" (G, animated, 78 min.)

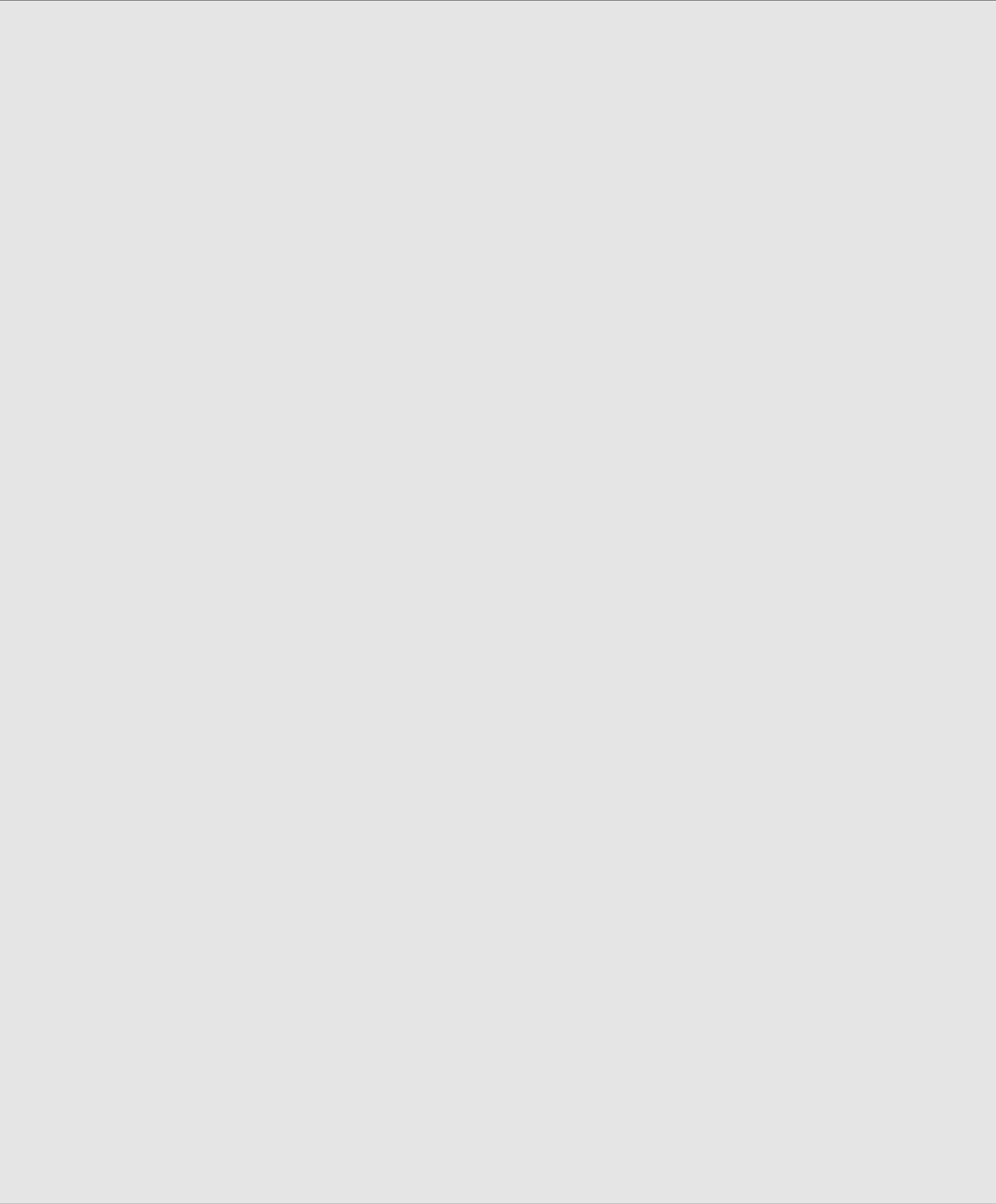
**Saturday:** "Rugrats in Paris"

**Sunday:** "Men of Honor" (R, strong language, 129 min.)

**Thursday:** "Men of Honor"









# Sports and Fitness

## Sports Shorts

Varsity basketball action — The Tyndall Tigers and Lady Tigers return to the hardwood this weekend as they host the Dragons from Keesler AFB Miss. in Southeastern Military Athletic Conferernce competition. Game times are: Saturday, women: 2 p.m., men: 4 p.m.; Sunday, women: 11 a.m., men: 1 p.m. For more information, contact the fitness center, 283-2631.

•There are new aerobics hours at the Tyndall Fitness Center. Monday through Friday - 5:30 a.m., noon and 5 p.m; Saturdays - 10 a.m. For more

information, contact the fitness center, 283-4543.

•Time to follow through with those New Year’s resolutions now. The health and wellness center offers sensible weight, tobacco-cessation and resistance-training classes during January. For more information, call 283-3826.

•Bowl a few frames at Raptor Lanes during these hours:  
**Monday to Wednesday;** 10 a.m. - 10 p.m.  
**Thursday;** 9 a.m. - midnight  
**Friday;** 10 a.m. - 2 a.m.  
**Saturday;** 9 a.m. - 2 a.m.  
**Sunday;** 1 - 8 p.m.  
For more information, call 283-2380.

## Intramural golf standings

Squadron	Points
CES	78.5
AFCESA	77.5
MSS	72
CONR 1	70.5
TRS	69.5
MXS	67.5
SVS	56
LSS 1	45.5
SEADS	44.5
RHS	32
CONR 2	31
81 TSS	24
COMM	22
CONR 3	20
372 TRS	18
LSS 2	5.5

## Intramural Over 30 basketball

Squadron	Wins	Losses
AFCESA	3	0
OSS	2	0
TRS	2	1
RHS	1	1
1 FS	1	1
TW	2	2
SEADS	1	2
CONR	1	3
MDG	0	1
LSS	0	2

## Intramural basketball

Squadron	Wins	Losses
COMM 1	3	0
MXS	2	0
OSS	2	0
TRS	2	0
95 FS	2	1
2 FS	1	1
WEG	1	1
SVS	1	2
MDG	1	2
COMM 2	0	2
83 FWS	0	3
1 FS	0	3



## Tyndall classifieds

• 1993 Ford Mustang 5.0 GT, 68,000 miles. New paint, new tires. Excellent condition, \$8,000 or best offer. Call 871-0816.



Tech. Sgt. Sean E. Cobb

## It’s called curling...

2nd Lt. Rodger N. Acklin, 325th Training Squadron air battle management student, completes “preacher” curls at the Tyndall Fitness Center Wednesday. The fitness center is open 5 a.m. - 1 a.m. Monday - Friday and 10 a.m. - 6 p.m. Saturday, Sunday, holidays and goal days for people to get a workout.

